

Full Report (All Nutrients) 45134958, Chicken Chow Mein, UNPREPARED, GTIN: 00094643416649

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: May 26, 2017 23:11 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	1 CUP (227g) 227g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	141	62
Protein	g	--	--	15.00	6.61
Carbohydrate, by difference	g	--	--	12.01	5.29
Sugars, total	g	--	--	4.99	2.20
Minerals					
Calcium, Ca	mg	--	--	41	18
Iron, Fe	mg	--	--	1.43	0.63
Phosphorus, P	mg	--	--	150	66
Potassium, K	mg	--	--	311	137
Sodium, Na	mg	--	--	590	260
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	5.9	2.6
Vitamin A, IU	IU	--	--	1750	771
Lipids					
Fatty acids, total saturated	g	--	--	1.00	0.44
Fatty acids, total monounsaturated	g	--	--	1.50	0.66
Fatty acids, total polyunsaturated	g	--	--	1.00	0.44
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	45	20

Amino Acids

Other

Ingredients  
WATER, COOKED CHICKEN BREAST (CHICKEN BREAST, WATER, ISOLATED SOY PROTEIN PRODUCT [ISOLATED SOY PROTEIN, MODIFIED FOOD STARCH, STARCH, CARRAGEENAN, SOY LECITHIN], FRUCTOSE, SALT, SPICE), BEAN SPROUTS (BEAN SPROUTS, WATER, SALT, ASCORBIC ACID, CITRIC ACID), CARROTS, WATER CHESTNUTS, RED PEPPERS, SUGAR SNAP PEAS, CELERY, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, ALCOHOL, VINEGAR, LACTIC ACID), ONIONS, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, RENDERED CHICKEN FAT,

BROWN SUGAR, CHICKEN FLAVOR (NATURAL FLAVORINGS, SALT, DRIED WHEY, MALTODEXTRIN, CHICKEN FAT, CHICKEN POWDER, ONION POWDER, MODIFIED CORNSTARCH, PARTIALLY HYDROGENATED COTTONSEED AND/OR SOYBEAN OIL, BEEF EXTRACT, MUSHROOM), ONION POWDER (DEXTROSE, GUM ARABIC, GARLIC EXTRACTIVES), SPICES, SALT, FLAVORING, LACTIC ACID, CARAMEL COLOR, DEXTROSE, TURMERIC. CONTAINS: SOY, WHEAT, MILK. *Date Last Updated by Company: 09/08/2016*